

**Full Report (All Nutrients) 09075, Cherries, sweet, canned, extra heavy syrup pack, solids and liquids**

**Report Date: June 30, 2017 00:09 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:8% Refuse Description: Pits**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 261g
<b>Proximates</b>					
Water	g	72.66	--	--	189.64
Energy	kcal	102	--	--	266
Energy	kJ	427	--	--	1114
Protein	g	0.59	--	--	1.54
Total lipid (fat)	g	0.15	--	--	0.39
Ash	g	0.37	--	--	0.97
Carbohydrate, by difference	g	26.23	--	--	68.46
Fiber, total dietary	g	1.5	--	--	3.9
<b>Minerals</b>					
Calcium, Ca	mg	9	--	--	23
Iron, Fe	mg	0.35	--	--	0.91
Magnesium, Mg	mg	8	--	--	21
Phosphorus, P	mg	17	--	--	44
Potassium, K	mg	142	--	--	371
Sodium, Na	mg	3	--	--	8
Zinc, Zn	mg	0.10	--	--	0.26
Copper, Cu	mg	0.139	--	--	0.363
Manganese, Mn	mg	0.058	--	--	0.151
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	3.6	--	--	9.4
Thiamin	mg	0.021	--	--	0.055

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 261g
Riboflavin	mg	0.039	--	--	0.102
Niacin	mg	0.388	--	--	1.013
Pantothenic acid	mg	0.127	--	--	0.331
Vitamin B-6	mg	0.030	--	--	0.078
Folate, total	µg	4	--	--	10
Folic acid	µg	0	--	--	0
Folate, food	µg	4	--	--	10
Folate, DFE	µg	4	--	--	10
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	8	--	--	21
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	151	--	--	394
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0

**Lipids**

Fatty acids, total saturated	g	0.033	--	--	0.086
14:0	g	0.001	--	--	0.003
16:0	g	0.023	--	--	0.060
18:0	g	0.008	--	--	0.021
Fatty acids, total monounsaturated	g	0.040	--	--	0.104
18:1 undifferentiated	g	0.040	--	--	0.104
Fatty acids, total polyunsaturated	g	0.045	--	--	0.117
18:2 undifferentiated	g	0.023	--	--	0.060
18:3 undifferentiated	g	0.022	--	--	0.057
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

**Amino Acids**

**Other**